

a-at-home

Make your own chocolate-and-roses bath oil, facial and more!



make Valentine's Da even sweeter!



Conversation-hear cake!

XOX cupcake



Cheesecak on stic

OSE 7 LBS IN 7 DAYS—effortlessly!

Breakthrough nutrient combo:

- ♥ Increases fullness 30x!
- ♥ Shuts down cravings!
- ♥ Blocks carb calories!
- Makes your liver burn fat faster!

Lureka nd a gold mine of

dden cash in your home!

Worn out, fat, blue? Your cookware may be to blame!

ind and alone ... w he's loved and healing hearts!

BAD-HEALTH

Cut your risk of heart disease, cancer obesity—even if it runs in your family!



Puppy-lov cake pops Your Good Health

Outsmart your genes!

Think you're stuck with any illness-causing genes you've inherited? Not so! Turns out, you can easily switch off genes that raise your risk of diseases like depression and cancer—and switch on health-enhancing ones!

Cleveland Clinic say

making even simple

gene-boosting

changes can add

up to 19 years to your life!

Switch off:

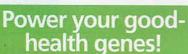
Heart disease by eating greens!

The gene that sends the risk of heart disease skyrocketing-by triggering plaque formation—can be shut off by eating three cups of fresh produce (one a green vege-

table) daily. In fact, says researcher Sonia Anand, M.D., of Cana-Researchers at Ohio's da's McMaster University, "Our study of 27,000 people found that the heart-disease risk in folks with the risky gene who follow this advice is as low as if they'd been born with heart-healthy genes."

High blood pressure by trimming sugar

A gene that makes artery walls prone to tightening can more than double your risk of high blood pressure. To disable that troublemaker: Limit sugary drinks and desserts and opt for whole-grain, high-fiber carbs. Eating less sugar leads to lower, steadier blood-sugar levelsand that turns off the high blood pressure gene, erasing even toughto-treat hypertension for almost eight in 10 folks within two months, says Jacob Teitelbaum, M.D., author of Beat Sugar Addiction Now.



Go for a walk! The genes that help you burn fat, produce mood-boosting serotonin and zap cancer cells are all 30% more active if you exercise daily, British researchers say. In fact, even if you have a strong family history of weight problems, depression or cancer, getting fit can cut your risk to normal levels in as little as six months!

Photos: Media Bakery (2); iStockphoto; Janet Bailey/Masterfile: Dreamstime.com.



One hardworking gene decides how much mood-boosting serotonin your brain will produce—and taxing your body can make that gene sluggish!

Thankfully, Emory University researchers have found a solution: Taking some

of the load off by relaxing your standards of cleanliness-even a smidgen-can help keep your serotoninproducing gene chugging away at full speed. Tip: Can't stand a messy

house? Call a friend to chat after you're done cleaning. The serotonin-producing gene can be activated in as little as one month just by connecting regularly with others, British studies suggest.

Weight problems by popping fish oil!

It's hard to understand how eating fat could make you slim, but dozens of studies prove that eating one kind can: The omega-3 fats in fish oil activate slimming genes that help you produce appetite-taming leptin and help your liver burn lots of fat for fuel. Even better, omega-3s can switch off the genes that make you pack on the pounds-including



those that squirrel away fat inside your belly and thighs. The bottom line: Taking 2,000 mg. of fish oil a day could help you effortlessly shed 13 pounds this year alone, confirms Barry Sears, Ph.D., medical director of Massachusetts' Inflammation Research Foundation.

Important: Check with your M.D. before taking any new supplement.

Cancer by eating red foods!

Your body contains a cluster of genes designed to make your immune system aggressively track down abnormal cells and destroy them before they can become full-blown cancers. And one of the best ways to switch on those lifesaving genes is with a daily dose of lycopene—the pigment that adds a reddish color to tomatoes, watermelon, pink grapefruit, guava and papaya. Recent studies suggest eating one cup of lycopenerich foods daily keeps cancer-killing genes so active, it cuts a woman's risk of breast, cervical, skin and other cancers 35% or more.

Bonus: Your body absorbs almost three times more lycopene from cooked or processed foods (such as

spaghetti sauce, tomato sauce a salsa) than from raw ones. Cook breaks down the cell walls in fra and vegetables, making it easier your body to absorb their lycope

-Brenda Kea

Beat your fat genes

Some women's weight-loss genes function best if they cu back a bit on carbs; others, if they cut back on fat. Which is right for you?

- You're hungry by mid-morr ing if you breakfast on cere
- Eating protein (like peanut butter or cheese) quashes your between-meal craving
- You feel anxious, lighthead or shaky if you miss a meal

- You feel sluggish and blue on an Atkins-style diet
- You're prone to bloating, heartburn or indigestion
- You eat more when stresse regardless of hunger

Our expert: Stanford Unive